

"The Path"

Flash Flood and Extreme Heat

Flood and Flash Flood

Flooding is the nation's most common natural disaster. Flooding can happen in every U.S. state and territory. However, all floods are not alike. Some can develop slowly during an extended period of rain, or in a warming trend following a heavy snow.

Others, such as flash floods, can occur quickly, even without any visible signs of rain. Be

prepared for flooding no matter where you live. **Prepare for Flooding**

- * Elevate the furnace, water heater, and electric panel in your home if you live in an area.
- * Stop floodwater from entering the building and seal walls in basements with waterproofing compounds.
- * **Property insurance does not typically cover flood damage.** Talk to your insurance provider about your policy and consider if you need additional coverage.
- * Get a kit of [emergency supplies](#) and prepare a portable kit in case you have to evacuate.

Flood Watch and Flash Flood Watch

- * Be prepared to evacuate.
- * If time allows, bring in outside furniture and move your valuables to higher places in your home.
- * Unplug electrical appliances, moving them to higher levels, if possible.
- * Fill the gas tank in case you have to evacuate.

www.nws.noaa.gov/om//brochures/heat_wave.shtml

Extreme Heat

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

People living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life threatening for those who don't take the proper precautions.

- ❖ Prepare for a heat wave by checking to see if your home's cooling system is working properly.
- ❖ Make sure your home is well insulated and that you have weather stripping around your doors and windowsills to keep the cool air inside.
- ❖ Plan on being inside a cool building during the hottest time of the day.
- ❖ Avoid strenuous outdoor activities.
- ❖ Make sure you remain properly hydrated by drinking plenty of water and limiting intake of alcoholic beverages.
- ❖ Eat light, well-balanced meals.
- ❖ Dress in light, loose-fitting clothing.
- ❖ Never leave children or pets alone in a closed vehicle.
- ❖ Visit [NOAA Watch](#) for more weather-related information.



Frederick County Health Department Physicians' Conference

The Frederick County Health Department and Frederick Memorial Hospital sponsored a Physicians' conference on Pandemic Influenza planning on April 24, 2007 at Ceresville Mansion located in Frederick, Maryland.

The focus of the conference was to help prepare healthcare professionals to deal with the public health emergencies for their patients and families during a Pandemic.

The guest speakers for the conference consisted of local, state and world renowned individuals.

Michael Allswede, DO of Memorial Medical Center and John Beigel, MD, National Institutes of Health presented up to date research on Pandemic Influenza to the conference attendees.

David Blythe MD, Maryland Department of Health and Mental Hygiene and Al Romanosky, MD, DHMH presented the current updates in the State of Maryland for Pandemic Influenza.

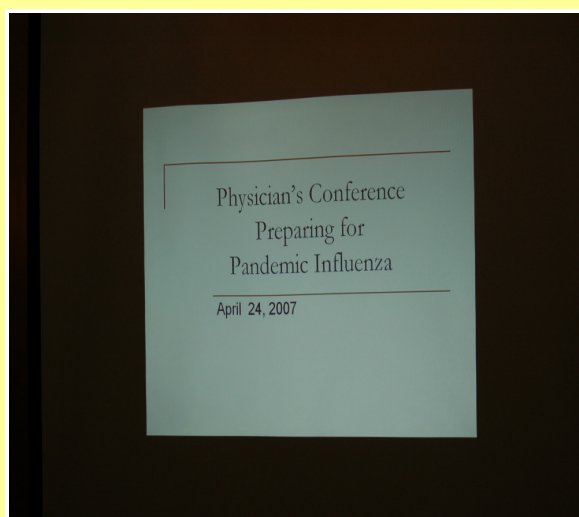
After the presentations were concluded a panel of local individuals was available to answer questions regarding the preparedness of Frederick County during a Pandemic.

Thank you to the following individuals who made the conference a success:

Dr. Barbara Brookmyer, Barry Stanton, Jack Markey, John Veltri, Kathy LeComte, Dave Chisolm, Dr. Jacqueline Douge and Allison MacDonald.



Physicians' Conference April 24th, 2007



Hurricane Exercise

On Thursday, April 26th, 2007 the Frederick County Health Department along with MEMA, Frederick County Red Cross, Ft. Detrick, Frederick County Sheriff's Office, Frederick City Police, Frederick Fire and Rescue, Adams and Franklin counties in Pennsylvania participated in a Hurricane Exercise.

The functional exercise was an opportunity for individuals to utilize and enter information into the WebEOC , and a chance to discuss with other surrounding counties how to interact and coordinate emergency procedures.

The FCHD – ICS command center, staff and three branches under Operations were opened: Shelter, Environmental and Disease Surveillance.

The following are procedures and decisions made by the Command Staff during the Hurricane exercise:

- ❖ Safety issues for FCHD staff have been identified
- ❖ Nursing and Environmental Health are working to complete staffing of shelters and shelter inspections.
- ❖ Administration is tracking personnel cost
- ❖ Seven Mental health clinicians are available to assist with mental health issues; three of those are Red Cross trained

The following objectives were established by Dr. Brookmyer:

- ❖ Staff County ECO- 2 shifts, 12 hours x 7 days
- ❖ Staff Command Post- 2 shifts, 12 hours x 7 days
- ❖ Staff Red Cross Shelters- 2 shelters x 7 days
- ❖ Track overtime/comp time and resources
- ❖ Post public health Hurricane messages and send to media
- ❖ Shelter inspections by Environmental Health
- ❖ Shelter surveillance for gastrointestinal illness
- ❖ Mental Health staff support for shelters
- ❖ Keep FCHD employees informed

Thanks to all who participated the exercise was a huge success and all parties involved learned many valuable lessons.



FCHD Emergency Response Team Training

On Friday, June 8, 2007 the OPHPR division held their quarterly Emergency Response training in the new OPHPR/School Health conference room.

The team welcomed two new members, Lisa Gudmundson of Nursing/Communicable Disease and Preparedness and Rebecca Keeney of Environmental Health Division.

The team members reviewed the procedures for Response Team call downs, Public Health Response to an unidentified substance event, Antibiotic Pilot program, Personal Preparedness and each of the team members received new supplies.

Anyone interested in joining the Emergency Response team should contact the OPHPR division for further information.

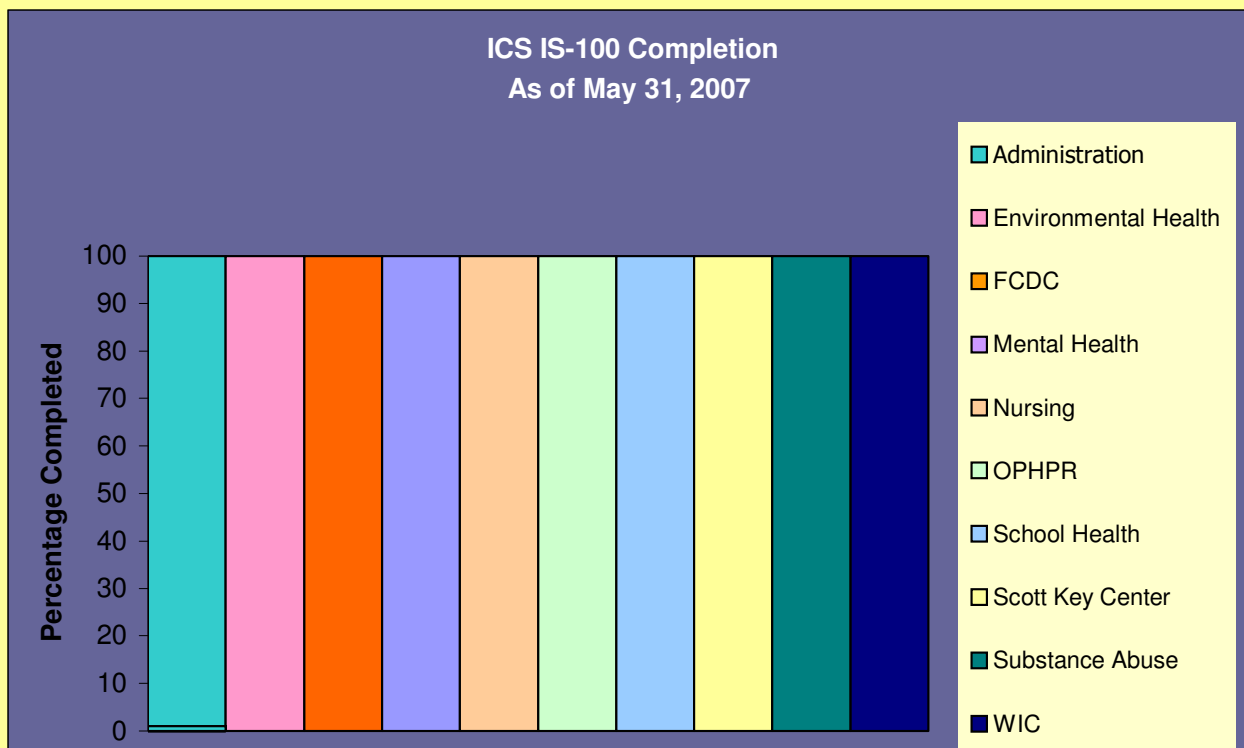
National Incident Command Training



Congratulations to everyone at the Health Department for completing the NIMS training course.

The health department staff have completed the IS-700, IS-200 and the IS-100 and have met the required deadlines set by the Federal government.

GREAT JOB BY ALL!



Training required by all Health Department Staff

Continuity of Operations Plan - COOP

What is your division Continuity of Operations Plan?

What are your responsibilities during an emergency?

How do you communicate with staff members?

The essential elements of the COOP plan are three-fold.

Identify essential services and staff required to continue operations during an emergency.

Each division has a responsibility to assist in the health department's response and efforts in an emergency.

Communication procedures, (call down list) of notifying staff of the on-going changes.

Each division should exercise as often as possible their call-down list to ensure all staff is comfortable with the procedures and to maintain current list.



On Sunday, March 4th, 2007 Shiela Lippold of the Administration Division planned and initiated a call down drill with the Administration staff. The drill began at 7:08pm and continued until 7:34pm when Shiela received the final call.

Shiela not only exercised the call down but also communicated a message to staff, (The blue and brown cow was on the roof) to ensure the messages were being communicated accurately.

At 9:05am on Wednesday, April 4th, 2007 Monica Grant of the Developmental Center planned and initiated an unannounced call down drill with her staff.

This particular day was an annual holiday for 30% of the staff and 40% of the staff were on the road providing services to clients.

The call down drill ended at 10:15am when Monica received the final call from the Developmental staff.

Excellent

IN THE NEWS

Pandemic Influenza State Exercise

When: August 1st, 2007
Time: 8:00am – 5:00pm
Where: Frederick County Health Department, Frederick Memorial Hospital,
Frederick County Department of Fire and Rescue, and Volunteer
Frederick

Emergency Response Training

When: September 14th, 2007
Time: 8:00am – 12:00pm
Where: OPHPR/School Health Conference Room

Long Term Care Conference

When: September 18th, 2007
Where: Frederick County Health Department
Time: 8:00am – 4:00pm

City Readiness Initiative Workshop

When: September 26th 2007
Where: Gambrill State Park- Tea Room
Time: 9:00am – 1:00pm

Mass Immunization Flu Exercise/ MI07

When: November 2nd, 2007
Where: Governor Thomas Johnson High School and Urbana High School
Time: To Be Determined

